

MIXED GREEN-FRUIT AND NUTS SALAD

Ingredients:

8-10 C mixed greens or Romaine lettuce
2 cans drained mandarin oranges or 1 apple, or 1 pear, cubed
½ C walnuts or ½ C pecans, sugared (see *)
½ C dried cranberries
½ C feta or blue cheese
Onion rings optional

Directions:

Arrange above in large salad bowl and drizzle with dressing just before serving.

*To sugar nuts (either kind). Toss nuts with mixture of ¼ C sugar, ¼ C water, ¼ tsp cinnamon and a dash of salt. Stir to dissolve sugar. Put on a foil covered tray with a slotted spoon and bake at 350 degrees until dry and crisp. Remove at once or they will stick unmercifully to the foil.

Ingredients:

1 C red wine vinegar
2 C olive oil
2 Tbsp dried minced onion (can use fresh onion)
1 tsp celery seed
2 tsp salt
¾ C sugar
2 Tbsp Dijon mustard
¼ tsp Tabasco sauce

Directions:

Process above in blender.